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AS JIMMY FALLON TAKES OVER THE TONIGHT SHOW, NBC EXECS MUST BE BITING THEIR NAILS PAGE 17

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Nine schools to be given funds for renovations

'Wonderful' announcement. Boards struggling to maintain aging facilities

Provincial officials are planning to fork over tens of millions in facelift funding to nine Calgary schools at an announcement Tuesday afternoon, Metro has learned.

The projects will be greenlighted as part of a pledge by Premier Alison Redford to build 50 new schools and modernize 70 more. They come on the heels of nine new-school announcements — six for the Calgary Board of Education and three for the Calgary Catholic School District — as well as a replacement school for the city's francophone board.

Sources told Metro that nine schools will be announced during a Tuesday news conference attended by new provincial Infrastructure Minister Ric McIver, but at press time only two of the facilities being approved for upgrades had been confirmed.

Special-needs students at northeastern Christine Meikle School will be on the receiving end of a completely new facility. The Calgary Board of Education had put the facility at the top of its capital plan, which serves as a wish list of sorts to guide provincial infrastructure funding.

"This will be wonderful," exclaimed Meikle's parent council chair Shaila Khan when informed of the impending announcement Monday. "Our school's really old … if you wanted to renovate the school, it would have taken forever."

Khan said the school had put in a wish list to add a swimming pool and other amenities to the replacement site to aid kids with physical therapy.

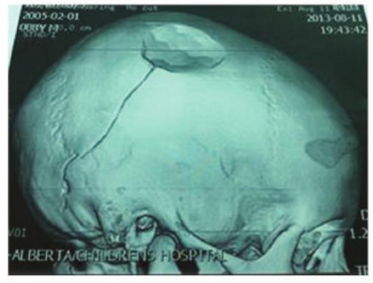
It's also believed an Aboriginal student centre to be housed inside the currently closed Harold W. Riley School in the city's southeast will be approved.

Jeff Bowes, head of the Calgary Association of Parents and School Councils, pointed to the Calgary Board of Education's nearly $1-billon deferred maintenance bill as proof the upgrades are greatly needed.

"There's both a need for new schools and modernization of old schools," he said. "I'm not really sure how you prioritize, but both are good news."

It wasn't clear whether the other seven modernizations would include schools owned by both the CBE and CCSD.

JEREMY NOLAIS/METRO



COMEBACK KID

Young hockey sniper Giorgio Aurigemma suffered a depressed skull fracture after a freak accident in a city park this summer. Without luck, the brain injury could've ended more than just his playing career. **See story on page 6.** BRYAN WEISMILLER/METRO

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Western Canada High

Measles case confirmed

Alberta Health Services officials have warned students at Calgary's Western Canada High School of possible exposure to measles after a confirmed case at the school.

Anyone inside the school between 8:30 a.m. to 5 p.m. on Jan. 10 may have been exposed to the disease, according to a notice posted to the school's website. "Measles is an illness that is caused by a virus that is spread easily through the air, and is very contagious to persons who have not had the disease in the past or have not been vaccinated," the statement reads. "People who have not been vaccinated, or have not previously had measles, can develop disease within 7-21 days of exposure to a contagious case."

Measles symptoms include a fever of 38.3 C or higher, cough, runny nose or red eyes, as well as a blotchy red rash that appears 3-7 days after the fever starts. The rash begins behind the ears and on the face and spreads down.

A Calgary Board of Education official said late Monday that the organization was closely working with health officials and deferring any decisions on limiting exposure to them.

The impact of measles was felt recently south of Calgary with 40 confirmed cases in the Lethbridge area in October and November.

Anyone not vaccinated against the disease is urged to contact their community health centre, but those who were potentially exposed at Western are asked to hold off on doing so until Jan. 31 to ensure they're not sick. JEREMY NOLAIS/METRO

Officials in Sylvan Lake say a longtime rink worker narrowly escaped when the roof collapsed at the town's four-decades-old arena. He was flooding the ice about 1 a.m. when debris started to fall. COURTESY TOWN OF SYLVAN LAKE

Zamboni driver escapes falling roof

Sylvan Lake. Town spokeswoman deems hockey rink a total writeoff

BRYAN WEISMILLER
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Debris came raining down on a longtime Zamboni driver early Monday morning as an aging arena in Sylvan Lake buckled under a massive snow pile.

Town spokeswoman Joanne Gaudet deemed the hockey rink a total writeoff, but was glad to report a veteran iceman escaped the wreckage without serious injury. She credited the ice machine for acting as a shield during the chaotic scene.

"He heard a couple pounds and then he heard another couple pounds," she said. "At that point, stuff started falling. He ducked and I think he got a full realization of what was happening and hit the road."

The driver then phoned emergency services about 1 a.m.

Although he could not be reached, friends told Metro he was likely home recuperating following the harrowing ordeal.

The building, meanwhile, was not so lucky. Town officials are now looking at a "full demolition," although the building was already slated to be torn down to make room for a new leisure centre by 2018.

It was still a sad day for those who used the ice for four decades.

"We obviously didn't want it to come down so unceremoniously," Gaudet said.

It was also a sad day for Graham Parsons, who runs a hockey school in the lake town about 170 kilometres north of Calgary. However, he said the closure wouldn't impact the hundreds of city skaters who attend the camp.

"We're simply moving over to the multiplex," he said. "We were scheduled to move over there next year anyway."

Hockey school

- The Sylvan Lake Hockey School was billed as one of the largest in North America with about 1,000 skaters involved, including more than 200 Calgarians.
- The Sutters, known as Canada's first family of hockey, hail from the Sylvan Lake area and have ties to the arena and hockey camp.
- The collapse occurred in the same week hockey school officials were ready to announce a new accreditation with Hockey Alberta.

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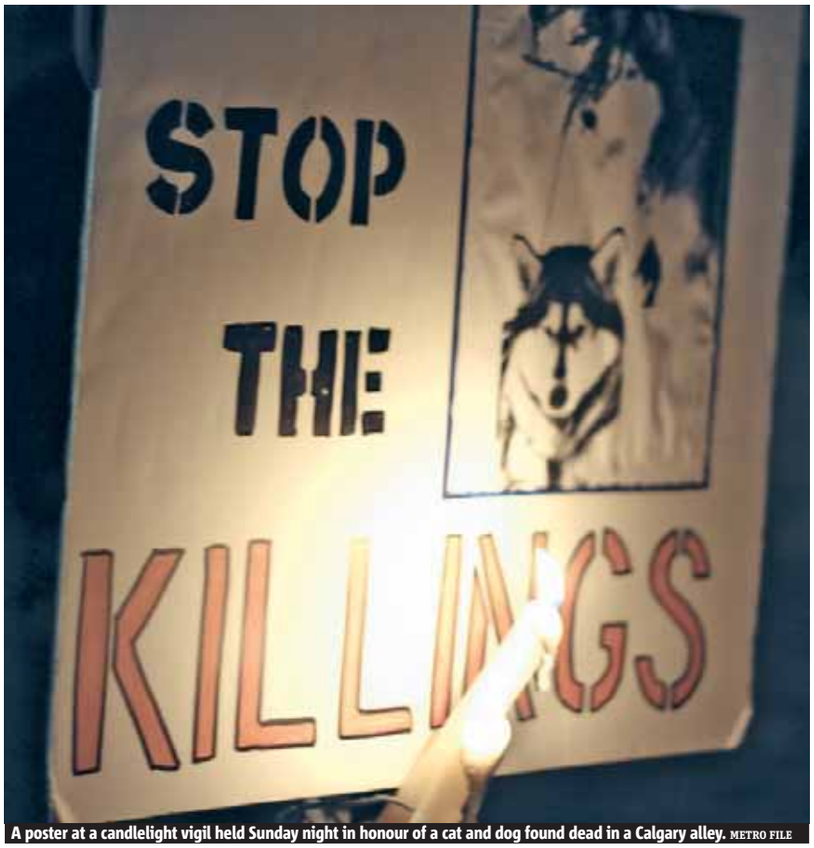

A poster at a candlelight vigil held Sunday night in honour of a cat and dog found dead in a Calgary alley. METRO FILE

Animals found dead in alleyway were also injured

Starved and beaten?
Reward for information rises as humane society tracks down leads

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Tests done on a cat and dog found dead in a Calgary alley with tape over their mouths indicate the animals also suffered physical trauma.

Brad Nichols, head of cruelty investigations for the Calgary Humane Society, said Monday he was still waiting for more details on how the cat died but noted his team is investigating whether both animals were starved and beaten simultaneously.

The dog, a young female husky, was found first in the alley in the 200 block of 99th Avenue SE on Jan. 9. The cat was found Thursday.

Nichols said his team has received between 30-35 tips to date and was still following up on some.

"We're certainly in a better place than we were Thursday.... We haven't hit a dead end yet," he said.

Tamara Wrigley, meanwhile, organized a candlelight vigil Sunday evening at Sue Higgins dog park and said Monday that around 125 people attended and 85 put their names on a petition calling for harsher charges.

"I was shocked," she said. "I started planning this Friday and couldn't believe we had that many people come."

Nichols said even he was a bit surprised at the financial reward being offered.

"It's nice to see that this is a community that will stand up and say we don't tolerate animal abuse and neglect."

Community acts

Vets To Go, a local company that has called for stricter penalties for animal abuse, kicked in $5,000 for information leading to a conviction. The company also turned to crowd funding to bump up the reward.

- Just before 2 p.m. on Monday, it crested over the $50,000 mark.

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Crowding. School board trustee hopes to ensure siblings don't get split up

Siblings should not be split up across multiple Calgary community schools — even if they're crammed, says a trustee.

Trina Hurdman plans to bring forward a motion at Tuesday's Calgary Board of Education trustee meeting that would see kids with an older brother or sister at their community school given top priority to learn there as well.

Fears emerged last spring that revised entrance policies could see families living outside a school's designated "walk zone" forced to enter a lottery to gain entrance for a second, younger child.

Previously, families would see their younger child grandfathered in.

"I feel very strongly that we need to support our families as much as possible and we need to keep siblings together in the same school as much as possible," Hurdman said Monday.

A CBE representative said they were not aware of any cases in which siblings had been split up, adding that if such a situation did occur, the older sibling could stick with the younger one and follow them to the new school.

Julie Ashworth worries her younger son won't get into a school attended by his older brother. METRO FILE

But Julie Ashworth said the options being provided aren't good enough. She and husband Derrick pointed Monday to data provided to them by the CBE that projects their son Oliver will be entered into a lottery in the coming months to determine if he follows older brother Dylan into West Springs School.

"Only the eldest child should ever have to go through a lottery," she said. "After that, the family should be part of the school and protected." JEREMY NOLAIS/METRO

Slow download?

AHS denies $10M computer fiasco

Alberta Health Services flatly denied allegations of mismanagement raised Monday by the Opposition Wildrose party with respect to nearly $10 million in computer purchases.

Citing a letter from an anonymous whistleblower, Human Services critic Kerry Towle accused AHS executives of bungling the acquisition of more than 11,000 computers, which she said sat in a warehouse for "well over a year" before being deployed for use after their warranties had expired.

Towle also released a letter she wrote to the province's auditor-general requesting an investigation.

But Colleen Turner, AHS vice-president of communications and community engagement, called the claims "erroneous and untrue."

"Some (computers) were installed in very sensitive health-care environments and therefore took longer to deploy," she said in an email.

Turner said AHS did review its policies following the internal whistleblower report last June and, as a result, "improved our process." ROBSON FLETCHER/METRO

Profs torn on grading model

Robert Thirsk. New rubric used and test rewrites allowed

No strangers to marking up assignments with red ink themselves, university professors appear divided on a grading model being used at Calgary's newest high school, one that puts less emphasis on testing and memorization and focuses more on dialogue and critical thinking.

Robert Thirsk High School students are given the opportunity to rewrite assignments and tests and only have their highest mark count. Overdue work can be completed during a "window" that often involves teacher oversight, according to documents provided by the school on its website. The school is also using a rubric that ranges from NM (not meeting) to E (exemplary).

But while Roberta Lexier, an assistant professor and student adviser at Mount Royal University, sees some challenges with the crossover from Thirsk to her school, where A-to-F grades still reign supreme, she supports the general thinking behind it. "Sometimes with students, it's not about the learning it's about the letter grade that's attached to it," she said.

Metro first reported on the model, which appears unlike any other currently used in public high school, on Sunday. Minutes after the story was published online, Jan Stanners, a recently retired post-secondary sessional instructor of 10 years, was quick to level criticism.

"We're supposed to be teaching them (students) how to tackle the real world," he said. "There are no do-overs in the real world." JEREMY NOLAIS/METRO

Roberta Lexier, an assistant professor at Mount Royal University, said she favours learning that is less focused on grades and more on developing lifelong learners and critical thinkers. METRO FILE

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New Calgary Transit buses to get bike racks

All of Calgary's new buses, starting with 150 to be purchased this year, will come equipped with bike racks, according to a city councillor.

"This is really good news," Coun. Brian Pincott said Monday, after meeting with transit officials earlier in the day.

Metro reported last September that the 150 new buses Calgary Transit plans to buy in 2014 for a total of $60 million would all come equipped with bike racks, but Pincott said that is now to continue with all future acquisitions, too.

The Ward 11 councillor, who has been an advocate for better cycling and transit infrastructure, said the new buses will make it possible where it wasn't before to both cycle and take transit for some trips.

"The key is knowing that you actually can get a bus with a bike rack," he said. "You won't do it if it's hit-and-miss. And that's been the challenge."

ROBSON FLETCHER/METRO

Climate change

Premier Redford to take on Gore

Premier Alison Redford is going to get a chance to discuss climate change with high-profile oilsands critic and former U.S. vice-president Al Gore. Redford confirmed Monday she has been accepted as a special guest to a panel discussion at the World Economic Forum in Davos, Switzerland. THE CANADIAN PRESS

Funding. Mayor worried for aboriginal initiative

Mayor Naheed Nenshi has raised concerns over the future of the Calgary Urban Aboriginal Initiative (CUAI), as renewed federal funding for the program has not yet been confirmed. "It's very odd, this late in the game, that we don't know," Nenshi said at a city council committee meeting this month.

CUAI Executive director Christy Morgan said Calgary supports the initiative with office space and in-kind donations while the feds provide most of its operating money.

"Pretty much the whole gamut of aboriginal-serving agencies are connected with CUAI in some way," Morgan said, adding that she hopes for an answer from Ottawa by March. ROBSON FLETCHER/METRO

Giorgio Aurigemma, right, squares off against the Bow River Bruins at Huntington Hills arena last weekend.
BRYAN WEISMILLER/METRO

Young hockey player bounces back from major brain injury

Recovery. A random softball to the head kept Giorgio Aurigemma off the ice for months

Eight-year-old Giorgio Aurigemma ended up with a metal plate in his head and a wicked scar this past summer from what his mom describes as a "million-dollar shot."

On the weekend, Mary Pat Senger recalled how a foul softball caved in part of Giorgio's skull and left him with a brain injury.

"Giorgio bent down to tighten the Velcro on his shoes," she said. "Had he not, he probably wouldn't have gotten hit.

"That's a crazy thing to have happen."

Giorgio underwent surgery in hospital and was told to stay away from contact sports for three months.

For the young Sidney Crosby fan, that meant no hockey school, pre-season tryouts or competitive action.

Still, officials with the McKnight Hockey Association left a spot open, believing the boy would eventually return to the ice. After some free skating, Giorgio started practising with his novice-level team in November and suited up for a game in early December.

"All the kids were excited to have their full team together for the first time," said his McKnight head coach, Mark Bjarnason.

"He jumped in pretty quick," added Bjarnason, who praised the winger as a "smart hockey player" with a nose for the net.

Background

- Giorgio was nailed in the head with a softball in Renfrew Park on Aug. 11, 2013.
- The boy needed surgery because the resulting depressed skull fracture was putting pressure on his brain.
- The McKnight winger scored in his second game back after taking a breakaway pass from a teammate.

In a pre-game interview, No. 15 was modest about his big comeback and was keen to thank his friends, coaches and teammates for their support. BRYAN WEISMILLER/METRO

Vaccine supplies are depleted and flu shots are now only available to a handful of the most vulnerable Albertans. TONY TALBOT/THE CANADIAN PRESS FILE

Health. Flu 'waning, but not completely gone,' top doctor cautions

Influenza in Calgary and the surrounding area appears to be winding down but that doesn't mean the season is over quite yet, according to the local medical officer of health.

"It is waning, but not completely gone," Dr. Judy MacDonald told Metro on Monday. "We might yet see another kind of influenza virus coming through."

MacDonald said the emergence of H1N1 as the most common strain of influenza this year was something that hadn't been seen since the 2009 pandemic, but it now appears that variety of virus has become a seasonal one.

There have been "a few odd cases" of an H3 variety of the influenza A virus and an influenza B virus showing up in the Calgary health zone, she added, but anyone who was immunized should be protected against both those strains as well as H1N1.

"It covers three different strains, and at this point in time it seems those are the strains that are circulating," MacDonald said.

ROBSON FLETCHER/METRO

Collision

Probe ongoing in pedestrian crash

Police are continuing to investigate a collision last week and say the condition of an elderly man involved is deteriorating in hospital.

The collision occurred Wednesday when a Chevrolet panel van travelling along 44 Street SE went to make an eastbound turn onto 17 Avenue, according to police. It's believed a 72-year-old man was crossing the avenue and was struck by the van.

Police are asking for anyone who witnessed the collision to come forward. METRO

Quarry Park

Fire reported at waste facility

Calgary fire investigators were on scene after a waste facility in Quarry Park caught fire early Monday.

When crews arrived, employees had already fled the building.

It's believed the fire began in a pile of waste material. A cause is still under investigation. METRO

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Anger, applause for PM at Knesset

Israel. Harper receives standing ovations for speech calling Israel's opponents anti-Semites, as pair of members storm out

Prime Minister Stephen Harper addresses the Knesset in Jerusalem on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Prime Minister Stephen Harper warned Monday of a new age of anti-Semitism, staking new ground in his allegiance to Israel by telling the country's parliamentarians that those who oppose the Jewish state are little more than hateful anti-Semites.

The loathing for Jews that resulted in the "horrors of the death camps" of Nazi Germany was crude and ignorant, Harper said in a historic speech to the Knesset, the first such address before the Israeli parliament by a Canadian prime minister.

"But in much of the western world, the old hatred has been translated into more sophisticated language for use in polite society," he said.

"People who would never say they hate and blame the Jews for their own failings or the problems of the world instead declare their hatred of Israel and blame the only Jewish state for the problems of the Middle East."

Harper's speech was greeted by several prolonged standing ovations — and one dramatic outburst that served to illustrate the tense relations that characterize the Jewish-Arab relationship in the region.

"Israel is an apartheid state," shouted Ahmad Tibi, an Arab-Israeli member of parliament who then stormed out of the Knesset, followed by a colleague.

The pair angrily strode from the chamber after Harper assailed the "twisted logic" of making such a comparison to South Africa's racist regime.

Throughout his speech, Harper looked back into history, touching not just on the Holocaust but Canada's own refusal in the 1930s to help Jewish refugees, something he deemed a "terrible mistake."

He spoke of the founding of Israel as a place where people could "seek shelter from the shadow of the worst racist experiment in history."

While criticism of Israeli government policy isn't anti-Semitic, Harper said, criticism that targets only Israel while ignoring violence and oppression in its neighbours is unacceptable.

"It is, thus, a Canadian tradition to stand for what is principled and just, regardless of whether it is convenient or popular," Harper said. "But, I would argue, support today for the Jewish state of Israel is more than a moral imperative. It is also of strategic importance, also a matter of our own, long-term interests."

Harper said the forces that have threatened Israel "every single day of its existence" threaten all countries, "as 9/11 graphically showed us."

The prime minister said he refused to single out Israel for criticism, saying it is easy to follow the international crowd and focus only on one country — a "go-along-to-get-along" approach he described as both weak and wrong.

But Canada would be quick to welcome a new sovereign Palestinian state if its leaders chose democracy and peace, he added.

THE CANADIAN PRESS

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Cash splashed for Sochi Games flash bashed by quashed slum

Dollar for squalor.
Even communal outhouse had to go to make way for new Olympic highway

A shining new $635 million highway on the outskirts of Sochi stands next to a crumbling apartment block with a red "SOS!" banner on its roof.

The residents of 5a Akatsy street have lived for years with no running water or sewage system. Construction for the 2014 Winter Games has made their lives more miserable: The new highway has cut them off from the city centre. Even their communal outhouse had to be torn down because it was found to be too close to the new road and ruled an eyesore.

The slum is one of the many facets of a hidden dark side in the host city of next month's Winter Olympics, which stands side-by-side with the glittering new construction projects that President Vladimir Putin is touting as a symbol of Russia's transformation from a dysfunctional Soviet leviathan to a successful, modern economy. While state-run TV trains its cameras on luxury malls, sleek stadiums and high-speed train links, thousands of ordinary people in the Sochi area put up with squalor and environmental waste: Villagers living next to an illegal dump filled with Olympic construction waste, families whose homes are sinking into the earth, city dwellers suffering chronic power cuts despite promises to improve electricity.

Putin promoted the Sochi Games, which begin on Feb. 7, as a unique opportunity to bring investment to the Black Sea resort and improve living standards for its 350,000 residents. Looking back at those promises, many residents, weary from years of living in the midst of Russia's biggest construction project in modern history, say they have yet to see any improvement in their lives and point to an array of negative effects.

Irina Kharchenko walks away from her house beside the screen separating the yard of her house and a federal highway in Vesyoloye outside Sochi in November. As the Winter Games are getting closer, many Sochi residents are complaining their living conditions only got worse and authorities are deaf to their grievances. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

"Everyone was looking forward to the Olympics," said Alexandra Krivchenko, a 37-year-old mother of three who lives on Akatsy street. "We just never thought they would leave us bang in the middle of a federal highway!"

THE ASSOCIATED PRESS

Security threat

Militant video draws Russian scrutiny

Russia's counter-terrorism agency says it's studying a video posted by an Islamic militant group that asserted responsibility for suicide bombings that killed 34 people last month and is threatening to strike the Winter Olympics in Sochi.

Security experts say the Russians are right in taking the threat seriously.

The video was posted online Sunday by a militant group in Dagestan, a predominantly Muslim republic in Russia's volatile North Caucasus. The Olympic host city of Sochi lies only 500 kilometres west of Dagestan.

Russia has responded to the Islamic threat by introducing some of the most sweeping security measures ever seen at an international sports event.

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- Ability to prep files for print production, including file stuffing (.zip, .sitx, .sit, .sea) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
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Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Jan. 24, 2014.

PLEASE QUOTE: "Graphic Designer - Calgary" in the subject line.
All submissions will be treated as confidential.

metro

U.S. to ease economic sanctions on Iran

'An important step forward.' The White House applauds Iran's scale-back of its nuclear program

The United States will begin easing economic sanctions on Iran after it began shutting down its most sensitive nuclear work on Monday, the White House said.

Iran's move was part of a landmark deal struck late last year with the U.S., five other world powers and the European Union to ease concerns over Tehran's nuclear program and provide for the partial removal of some of the economic sanctions that have crippled the Iranian economy. Iran has insisted that its nuclear program was for peaceful purposes only.

The United Nations nuclear agency, the International Atomic Energy Agency, confirmed Monday that higher-level uranium enrichment at a facility in central Iran had stopped, an important step among others that together provided officials with the evidence needed to conclude that Iran was holding up its end of the agreement.

The White House, which has vowed to prevent Iran from developing nuclear weapons, hailed Iran's actions as "an important step forward."

The European Union announced earlier Monday it was also suspending some of the sanctions it had imposed on Iran.

THE ASSOCIATED PRESS

Syrian peace talks

Iran invitation withdrawn

A last-minute UN invitation for Iran to join this week's Syria peace talks threw the long-awaited Geneva conference into doubt Monday, forcing UN chief Ban Ki-moon to rescind his offer under intense U.S. pressure after the opposition threatened to boycott. The conference is set to begin Wednesday.

Flood hits French Riviera

Motorboats lie wrecked in the port of La Londe Les Maures, near Toulon, southern France, Monday, after unusually heavy rains flooded the French Riviera, leaving two people dead and some thousands without electricity or access to roads. CLAUDE PARIS/THE ASSOCIATED PRESS

C. African Republic

Woman named interim president

Members of a national transitional council chose the female mayor of Central African Republic's capital to lead the country out of chaos Monday, as a top UN official urged the international community to keep the nation from "crossing the tipping-point into an all-out sectarian conflict." At two meetings in Brussels, international donors pledged a total of $496 million in humanitarian assistance and European Union foreign ministers took a first step toward potentially deploying hundreds more troops to reinforce French and African peacekeepers to secure the lawless and violent country where nearly 1 million people are displaced. Bangui Mayor Catherine Samba-Panza became the first female leader in the country's history. THE ASSOCIATED PRESS

Pakistan

Suicide bomber hits military city

A Taliban suicide bomber blew himself up near Pakistan's main military headquarters in Rawalpindi on Monday, killing 13 people just a day after the militants killed 26 troops inside an army compound in the northwest of the country, officials said.

THE ASSOCIATED PRESS

Warning

Militants could seize power: Iraq

Islamic militants controlling a mainly Sunni area west of Baghdad are so well-armed they could occupy the capital, a top Iraqi official warned Monday, a bleak assessment of the challenge in routing the insurgents, as a new wave of bombings killed at least 31 people. THE ASSOCIATED PRESS

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Noted Canadians supporting Neil Young's campaign

Oilsands. Letter from artists, authors, scientists calls for a land where 'laws are not written by powerful oil companies'

More than 20 notable Canadians have penned a letter to support musician Neil Young following his concert tour to raise money for a First Nation fighting oilsands expansion in northern Alberta.

The group includes creative and performing artists, authors, scientists and a lawyer.

Actor Neve Campbell, Booker-prize-winning author Michael Ondaatje and musician Gord Downie of the Tragically Hip are among those who signed the letter. It says that Young's tour raised more than $500,000 to help the Athabasca Chipewyan band pay for a legal attempt to protect its traditional land.

The letter also says that Canada must decide if it wants to protect the environment.

First Nations rights

"The time has come for Canada to decide if we want a future where First Nations rights and title are honoured."

Excerpt from the letter released Monday and signed by 20 notable Canadians

Actress Neve Campbell, one of 20 who gave support. ANGELA WEISS/GETTY

Young played in Toronto, Winnipeg, Regina and Calgary.

THE CANADIAN PRESS

Rosetta spacecraft.
Sleeping comet-chaser sends its first signal home: 'Hello world!'

A comet-chasing space probe that has been in hibernation for almost three years has woken up and sent its first signal back to Earth.

The European Space Agency received the all-clear message "Hello World!" from its Rosetta spacecraft some 800 million kilometres away shortly after 7 p.m. Monday (1800 GMT; 1 p.m. EST).

Rosetta was put into hibernation in 2011 to conserve energy for its long journey to meet with comet 67P/Churyumov-Gerasimenko.

If all goes as planned, the probe will rendezvous with the designated comet in the coming months and drop a lander onto its icy surface in November.

The probe will be followed by millions of people the world over during the unique rendezvous with the comet.

THE ASSOCIATED PRESS

An artist's impression of Rosetta. THE ASSOCIATED PRESS

Mix of chemicals

Mint worker hurt on the job

A 22-year-old worker at the Royal Canadian Mint is in stable condition after suffering first-degree chemical burns to his eyes, face, ears and the back of his neck.

The man was treated at the scene for exposure to a mix of chemicals, including silver nitrate, and was taken to hospital.

Although his wounds are considered mild, burns caused by chemicals can continue to affect the exposed area.

THE CANADIAN PRESS

Fredericton

Man arrested in machete attack

Four people were injured, including the suspect, following an attack at a Fredericton college involving a machete-style knife.

The three victims injured injured in the attack were two teachers and a student. THE CANADIAN PRESS

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Market Minute

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Nasdaq and Dow Jones closed for Martin Luther King Jr. Day.

Montreal

Bixi files for creditor protection

Montreal's bike-sharing service, Bixi, has gone bust.

Bixi has filed for bankruptcy protection, but Montreal Mayor Denis Coderre says the service is still expected to operate this summer. THE CANADIAN PRESS

Regional routes

WestJet Encore to take off this June

WestJet Airlines unveiled Monday details for the eastern expansion of its regional WestJet Encore service this summer.

The Calgary-based airline said WestJet Encore will start June 27, with routes between Toronto and Thunder Bay, Ont., and between Thunder Bay and Winnipeg.

The airline has been growing its regional service since last June from its base in Western Canada. WestJet did not say what additional routes will be added, but it expects that about half of its four to six per cent capacity growth in 2014 will come from Encore. THE CANADIAN PRESS

Cross-border shoppers

Target card breach may hit Canadians

Target says Canadians may have had their info taken as part of a security breach in the U.S. Shoppers who went to Target stores in the U.S. between Nov. 27 and Dec. 15 may have been impacted. THE CANADIAN PRESS

With this (insured) ring I thee wed

For better, for worse. With the cost of tying the knot soaring, couples are committing to insurance for the big day

Worried about the bride getting cold feet? There's an insurance policy for that.

With the cost of the average American wedding reaching about $26,000 US, insurers have been selling a growing number of policies to protect against losses from extreme weather, illness and, in one firm's case, even a sudden change of heart.

Cheryl Winter spent $500 US for Hartford-based Travelers Cos. Inc. to cover her daughter's $50,000 US destination wedding last October in New Orleans, where her biggest concern was a potential hurricane. The weather co-operated, but the limousine never showed up. Her daughter took a taxi to the church, and they used the insurance policy to claim the deposit money they couldn't get back from the limo driver.

The insurance is offered by a small number of companies. Insurers declined to provide data on the number of customers beyond saying they are growing steadily. It can cover losses from issues ranging from bankrupt wedding halls to cancellations forced by unexpected military deployments. Travellers says issues with vendors account for about a quarter of the claims, with most related to issues with photographers or videographers.

THE ASSOCIATED PRESS

Credit card execs apologize for data theft in South Korea

The heads of three major South Korean credit card firms, from left, NH Nonghyup Card head Sohn Kyung-ik, Lotte Card CEO Park Sang-hoon and KB Kookmin Card CEO Shim Jae-oh, bow to offer a public apology during a news conference in Seoul on Monday. The firms were the victims of a massive theft of personal data such as salaries, monthly card usage, credit rating and card numbers linked to 80 million cards. KIM JU-SUNG/YONHAP/THE ASSOCIATED PRESS

Severe weather. Insured losses hit record $3.2B

Ice, floods and thunderstorms made 2013 the worst year ever for insured losses in Canada.

The Insurance Bureau of Canada says the December ice storms in southern Ontario and eastern Canada caused more than $200 million worth of insured losses, pushing the total payouts to policy holders for the year to $3.2 billion.

THE CANADIAN PRESS

Green to red. 'Charge rage' jolts Silicon Valley drivers

An increasing number of electric-vehicle driving employees at Silicon Valley companies are finding it hard to access car-charging stations at work, creating incidents of "charge rage" among drivers.

Installation of electric vehicle charging ports has not kept pace with soaring demand, creating thorny etiquette issues. THE ASSOCIATED PRESS

Tomb of ancient Egyptian beer brewer unearthed

Anyone who saw The Mummy will know you should expect surprises while searching for ancient artifacts in Egypt, but Japanese researchers were still shocked during a dig around the necropolis of Luxor. The Waseda University team discovered the tomb of a royal beer brewer who was serving up frothy treats 3,200 years ago, and leader Dr. Jiro Kondo was thrilled.

What have we learned about drinking culture in ancient Egypt?

The owner of the tomb is Khonso Em Heb, who was the chief of the workshop for Mut as well as the chief brewer of the temple of Mut. Probably he was an overseer and controlled daily foods and beer supply to the goddess Mut at the Temple of Mut in Thebes. In ancient Egyptian society, beer was popular and cheap liquor for workers, but also a special sacred drink as the offering to the goddess.

What do we know about the brewer? Was his a very important role?

We did not have any records apart from his titles to say if he was very respected or not. However, he would be a high-rank officer belonging to the temple of Mut.

How important is this discovery and what does it mean to crisis-torn Egypt?

It is very important in the field of Egyptology even if we cannot say it is the biggest this century. The find is very encouraging for Egyptian society, but also for Japanese society.

SHANE RIQUELME/METRO WORLD NEWS

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SHE SAYS

Jessica Napier
metronews.ca

In the dark depths of winter, it can be a challenge to convince myself to leave the house, but nothing will force me out the front door in freezing temperatures like the need for caffeine.

Back in the 1980s, Starbucks president and CEO Howard Schultz envisioned the urban coffeehouse as a kind of "third place" between work and home, a space for individuals to come together to engage in conversation and develop a sense of community. Twenty years and 20,000 plus stores later, most Starbucks locations have been colonized by armies of laptop-wielding students and freelancers who treat these cafés as their own personal workspaces, spreading out over multiple tables and taking advantage of the free Wi-Fi for hours at a time.

And it's not just coffee shop patrons who tend to overstay their welcome. Managers at a McDonald's in Flushing, N.Y., are at a standoff with a group of elderly customers who have been parking themselves in the seating area for long periods of time and refusing to leave. While most fast food restaurants try to enforce a standard 20-minute time limit, these defiant customers have been camping out on a daily basis from early in the morning until late at night while nursing only a cup of coffee or splitting a small order of french fries amongst themselves. Not only is this bad manners, it's also bad for business. The lack of available seating for new paying customers has prompted the staff to call the local police to help eject the group, but these rebellious elders keep coming back.

In any city there is a definite need for public gathering spaces, but private companies shouldn't be obligated to provide this type of service. So while it is nice for these seniors to be able to come together and socialize in a warm, well-lit environment, there also seems to be a gross sense of entitlement on display from these colonizing customers who insist on lingering all day long without paying their fair share. Some people might criticize McDonald's for kicking them out into the cold, but even monolithic corporations have a right to manage their locations in a profitable way.

In Europe, one particularly unique café seems to have solved the problem of loitering clients by entirely rethinking the concept of time limits. At Ziferblat, a Russian chain which opened its first U.K. outpost in London, England earlier this month, guests don't pay per beverage, rather they're charged about five cents for every minute they spend inside the establishment.

Named after the Russian word for clock face, Ziferblat offers a unique kind of community space where clients are treated more like micro-tenants than customers. Visitors are welcome to use the kitchen facilities, provided they clean up after themselves, and enjoy complimentary tea, coffee and snack foods. In fact, everything is free except for the time you spend there.

Two years after launching their first outpost in Russia, the founders of Ziferblat stress that the café is more of a social project than a business model. But this pay-per-minute concept might just be the right approach when it comes to combating those free-loading regulars.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Tiger friends — they're grrrreat

ROBERTUS PUDYANTO/GETTY IMAGES

Man and big cat make best buds

Mulan Jamilah, a six-year-old Bengal tiger and Abdullah Sholeh, 33, play in the garden beside their home on Monday in Malang, Indonesia.

Abdullah is an Islamic student who has become a best friend and a full-time nanny to the tiger. Mulan's owner, Noer Muhammad Sholeh, 51, asked Abdullah to take care of the tiger when it was a three-month-old cub.

Abdullah regularly sleeps, plays and fights with the huge tiger. The pair are so inseparable, he often opts out of sleeping in his own bed to sleep alongside the big cat in her enclosure.

GETTY IMAGES

No friend too big or small

178 kg

Mulan now weighs 178 kilograms, is three-metres long including the tail and one-metre high. For security reasons, they have had to install metal bars to separate them when they are together in the enclosure. Mulan is fed six kilograms of chicken or goat meat twice a day.

Clickbait

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ISTOCKIMAGES

Whether it was Facebook's ever-changing settings, Google's willingness to put your profile pic next to an ad somewhere, or leaked documents suggesting the U.S. government is spying on pretty much everyone, 2013 was the year where privacy concerns went mainstream. There's plenty of reasons to care about privacy, even if you've got nothing to hide. So let's make a belated New Year's resolution to take back control over our own data. Here are some web browser extensions to help clean up your trail of online bread crumbs:

AdBlock Plus:

I honestly don't remember what the Internet looked like before I installed AdBlock Plus. In addition to blocking pesky banner ads and pop-ups, this extension also disables third-party tracking cookies and scripts.

Disconnect:

This app works on almost any web browser (even Internet Explorer!) to block third-party tracking cookies and other website scripts. Disconnect also protects you from tracking by social media sites like Facebook and Twitter, which follow you around the web collecting your browsing data for their coffers.

HTTPS Everywhere:

Considered a must-have by security experts, this extension shunts you to a more secure connection on any website that offers it. It's a very easy way to make your browsing more private without lifting a finger.

Twitter

@metropicks asked: At @ziferblat-london visitors are welcome to tea, coffee but pay 5¢ a minute for the stay. Would this work in your city?

@Canucklehead_ca: At the rate I consume coffee this would actually be a pretty sweet deal.

@ctmwyn: I kind of wish there'd be hotels with the same pricing scheme as @ziferblatlondon #PayAsYouGo #ByTheMinute

@theReal_KPHILL: not a car wash, Going out for Coffee I wanna relax, chat, check my phone, don't wanna feel rushed

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

metro

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DVD review

Captain Phillips

Director. Paul Greengrass

Stars. Tom Hanks

The high-seas survival drama Captain Phillips raises the pulse and tweaks the conscience. Directed by Paul Greengrass, who makes smart thrillers, and starring Tom Hanks in his best role in years, this isn't simply a tale of heroism and adventure. There is anxiety on both sides of the gun. We certainly cheer on Hanks as real-life seafarer Capt. Richard Phillips. In the spring of 2009, Phillips faced almost certain death after his cargo ship and crew of 20 were hijacked off the coast of Somalia by four armed men who demanded millions of dollars in ransom. We are also asked to consider the desperation of the four pirates. The well-rounded script by Billy Ray (The Hunger Games, Shattered Glass), based on Phillips' own account, shows how the hijackers are driven by extreme poverty and also by the warlord's bullets that await them back home. Hanks dials down his usual ebullience to radiate quiet determination as Phillips. This film leaves you not singing God Bless America, but rather pondering a dysfunctional world where hollow-eyed men of skin and bones feel compelled to take on a superpower.

PETER HOWELL

Fallon owns the night

From Jay to Jimmy.
Late Night host gears up to take the Tonight seat from Leno, but will his style stay the same?

Jay Leno, left, and Jimmy Fallon pose backstage at the Golden Globe Awards in this Jan. 2013 file photo. Leno is set to wrap up his 22-year run as host of The Tonight Show, and Fallon — who has hosted Late Night since 2009 — will take over the gig. THE ASSOCIATED PRESS FILE

Jimmy Fallon's Tonight show, which debuts next month with actor Will Smith and U2 as guests, will look familiar to people who appreciate his current work in the time slot following Jay Leno.

Fallon said he doesn't expect to change his brand of comedy to tailor himself to an earlier time slot. Fallon and his successor at Late Night, Seth Meyers, met with reporters Sunday as NBC begins the delicate process of a late-night transition.

"This show has completely changed from when I first started," Fallon said of Late Night, which he has hosted for five years. "I feel like we've blossomed into what will become the new Tonight show."

He rejected the idea of changes to make himself more appealing to an older, middle American audience that likes Leno. It's a delicate subject at NBC, where executives believe Conan O'Brien's limited appeal doomed their first effort to replace Leno. The executives anticipate Fallon's light-hearted comedy translating better.

Leno closes his two-decade run on Tonight Feb. 6 with Billy Crystal and Garth Brooks as guests. On Feb. 17, Fallon debuts a week's worth of shows at midnight following NBC's coverage of the Winter Olympics. He moves into his regular time slot a week later, followed by Meyers, who has Saturday Night Live chum Amy Poehler booked as his first guest.

NBC's entertainment president, Robert Greenblatt, said he'd like to keep Leno at NBC, perhaps to host regular specials. Fallon said he's not worrying about whether Leno leaves NBC and decides to keep working in late-night TV elsewhere.

Fallon said he called Leno when he got the Late Night job to reassure him he wasn't gunning for Leno's gig. He said they have spoken regularly, and he's taken some of Leno's advice, most prominently to make his nightly monologues longer.

"He's a good guy," Fallon said.

Fallon's Tonight show "should be goofy and fun and make everybody laugh. That's our job," he said. He said he appreciates showing different sides of celebrities by getting them involved in skits or games, like when Tom Cruise cracked two raw eggs on his head. Fallon's musical skits are among his most memorable. He said he alerted New Jersey Gov. Chris Christie's office ahead of time about his recent duet with Bruce Springsteen that spoofs Christie's traffic jam scandal.

Quoted

"I feel like we've blossomed into what will become the new Tonight show."

Jimmy Fallon on the style of his Late Night show

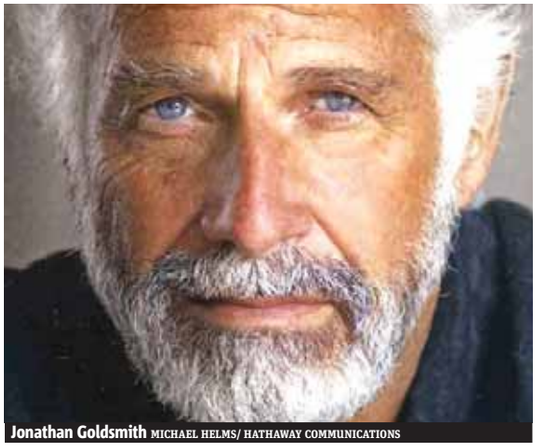
Although Fallon is moving Tonight to New York from the West Coast, he said he will take the show on the road, including to Los Angeles, for a couple of weeks a year.

Some critics have noted that the formal title of the show is changing from the Tonight Show With Jay Leno to the Tonight Show Starring Jimmy Fallon. Fallon said it was an homage to the show's roots.

Meyers said the legacy of Late Night is that hosts get to do weird things and that people have a little more patience with it.

But he seems very much the traditionalist. The current head writer of Saturday Night Live values writing, and he's brought the author of his SNL Weekend Update segments over to lead his own writing team. Meyers said he's looking to build a stable of writer-performers and that a strong monologue will be key to his show. "If you get too hung up on the legacy of what you're getting into, it gets in the way of the work," Meyers said. "Our goal is to be as funny as we can and get better every night."

THE ASSOCIATED PRESS



Jonathan Goldsmith MICHAEL HELMS/ HATHAWAY COMMUNICATIONS

He doesn't often show his soft side, but when he does, it's for the dogs

The most interesting man in the world is helping a Vermont-based company raise money to fight cancer in dogs.

Jonathan Goldsmith is a Manchester resident made famous by his role in the Dos Equis beer commercials. But he's also a dog lover hoping to raise funds for the Denver-based Morris Animal Foundation, which promotes veterinary research for companion animals, horses and wildlife.

Goldsmith made an online commercial with his Anatolian shepherd Willy as part of a campaign by the Manchester-based Orvis Co., which is known for its outdoor apparel but also has a dog catalogue. He says he lost a dog to cancer and is glad to support a good cause. THE ASSOCIATED PRESS

Michael C. Hall won't slash the idea of recreating his killer role

Possible bad news for Oregon loggers: Michael C. Hall won't rule out a return to playing Dexter. But he'd want to see the finish line.

Hall, promoting his movie Cold in July at the Sundance Film Festival, said in an interview over the weekend that he agreed with Showtime executives who recently declared that any potential spin-off series would have to include Hall.

"Masuka! I would watch that," he joked, referring to the show's humorous forensics specialist Vince Masuka, played by C.S. Lee.

More seriously, Hall said of a possible spin-off series, "I can't even wrap my mind around that. And it's all just theoretical until there is some sort of script reflecting somebody's idea of where it could possibly go. But it's hard for me to imagine what that would be."

Hall, 42, also won't rule out a return to TV more generally.

Michael C. Hall GETTY IMAGES

"Yeah, as far as playing Dexter again for an undefined amount of time, that's a little daunting to consider. But doing another television series ... There's a lot of amazing stuff on TV. I don't want to do that right away. But I wouldn't say never to that." THE ASSOCIATED PRESS

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Barrymore isn't keen on her kin baring it all as an adult

Drew Barrymore GETTY IMAGES

Drew Barrymore's daughter, Olive, is only 15 months old, but mom is already setting down some ground rules. "I would not let her" pose for Playboy, Barrymore tells ABC News. Barrymore did a spread for the magazine when she was 19. "I don't think I would. I would influence her not to, because my life choices aren't supposed to be the gateway to somebody else's. That's my journey." METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Tumblr got a taste of Blue Ivy's White House visit over the weekend.
TUMBLR: IAM.BEYONCE.COM

Of pop stars, politicians, puppies and a pint-sized princess

MELINDA TAUB
Metro World News

The great thing about two-year-olds is that glamour doesn't exist for them. Sure, it's great for a baby if her parents are huge pop stars who hobnob at the White House, but the number one item on her agenda is still "Doggy doggy doggy doggy doggy."

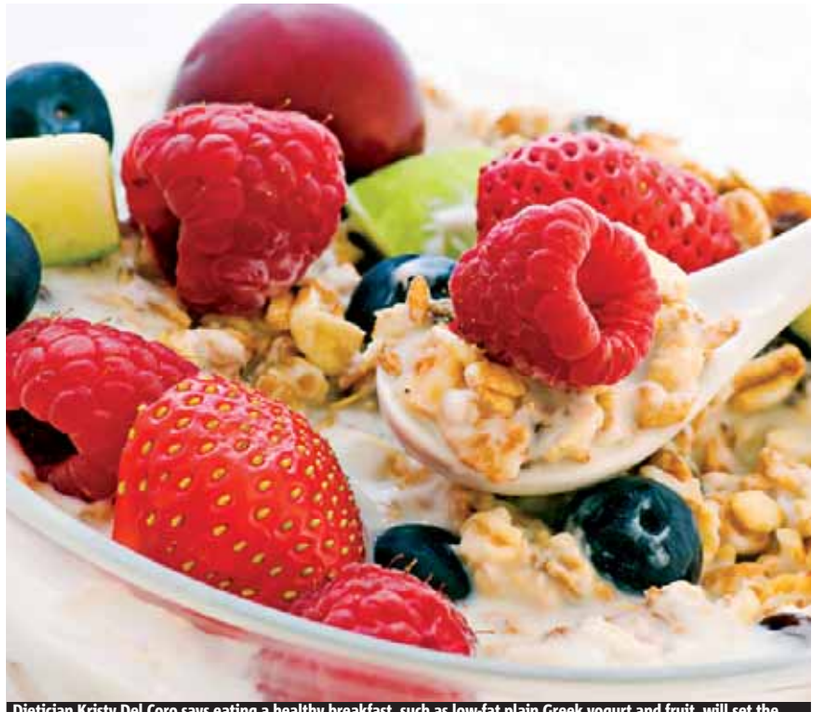
Beyoncé visited said White House this past weekend to perform for Michelle Obama's 50th birthday, and she brought husband Jay Z and their daughter Blue Ivy along for the ride. Blue, clad in cat ears and an adorable white tulle gown that I would have murdered for when I was little, got to check out the White House Christmas tree and watch her mom perform, according to the sweet photos posted on her mama's Tumblr.

But could any of that compare to the sublime fuzziness of the Obama's Portuguese water dog, Bo? Beyoncé posted several blurry but adorable snaps on Tumblr of Bo and Blue making friends.

Maybe, instead of renting out a zoo and buying her a miniature Porsche for her second birthday last week, Jay and B should have gotten Blue a puppy.

5 steps for a healthier you

Not as hard as you think. Sometimes it's as easy as getting out for a walk and drinking more water



Dietician Kristy Del Coro says eating a healthy breakfast, such as low-fat plain Greek yogurt and fruit, will set the tone for the entire day. ISTOCK

Committing to living a healthier lifestyle doesn't have to mean major dietary restrictions and rigorous workouts.

Kristy Del Coro, a registered dietitian and nutritionist in New York City, offers five easy tips in getting healthy.

Eat breakfast

Eating a healthy breakfast sets the tone for the day. Most studies show skipping breakfast to "save your calories" does just the opposite, causing people to consume more calories later in the day.

Your best bet? Start with lean protein, complex carbohydrates and some healthy fat to give you energy and keep you satisfied until your next meal. Some good go-to combinations are whole grain toast with all-natural nut butter (peanut, almond, walnut); steel-cut oatmeal topped with berries and unsalted nuts; low-fat Greek plain yogurt with fresh fruit; or, if you have a little extra time in the morning, an omelet made with one egg and two or three egg whites, easy-to-cook veggies like spinach and mushrooms.

Get up and get out

One of the first things you can do for your health is to move more. Small changes like getting off the subway a stop early, taking the stairs at work or carving out 10 minutes on your lunch break to go for a walk really make a difference.

Hydrate, hydrate, hydrate!

An easy first step in feeling healthy is to rehydrate. This means taking a hiatus from sugary drinks and alcoholic beverages, and loading up on caffeine-free, sugar-free fluids. Any variation of water will do — seltzer, mineral or tap. To keep a little excitement in your beverage, I suggest adding some slices of fresh citrus (grapefruit, orange, lemon or lime) or even fresh mint for natural sweetness.

Curb your sweet tooth

One of your priorities in starting fresh is to swap out those nutrient-poor simple carbohydrates with nutrient-dense complex carbohydrates like fruits and vegetables, whole grains and legumes.

If you've really developed a sweet tooth (craving sweets after every meal), you may need to go cold turkey to help get on track. Before you know it, the cravings will subside and you can go back to enjoying sweet treats every once in a while as part of a balanced diet.

Set yourself up for success

To ensure success, it is a good idea to plan ahead. Think of at least one new positive step you can take per week that you know you can achieve. Whether it's focusing on exercise, curbing your sweet tooth or eating more balanced meals, it may pay off more in the long run to just start with one instead of trying to achieve everything at once.

Whatever you choose, create an environment conducive to achieving that goal.

This may mean signing up for a fun exercise class at the gym with a friend, getting rid of any tempting sweets in the house, or stocking your fridge full of colourful fruits and vegetables that inspire you to cook healthy delicious meals at home.

For many people, selecting one area to focus on at a time is less overwhelming and often more realistic.

METRO

Review

Visualize your goals with a calorie tracker

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Calorie Counter by MyFitnessPal
iPhone/iPad/Android
Free

Find nutritional information for everything you eat with this barcode-scanning calorie tracker that visualizes your progress with helpful charts while keeping your goals in view through reminders and informed feedback.

Half-Off

Elisha is now two weeks into her plan to lose 10 pounds in six weeks. Will her fear of working out in public help or hinder her plans? Visit metronews.ca/voices/half-off to find out.

Tips to help you get to sleep — and stay asleep

Dr. Robert Oexman, director of the Sleep to Live Institute, has these tips for making the most out of your shut-eye in 2014:

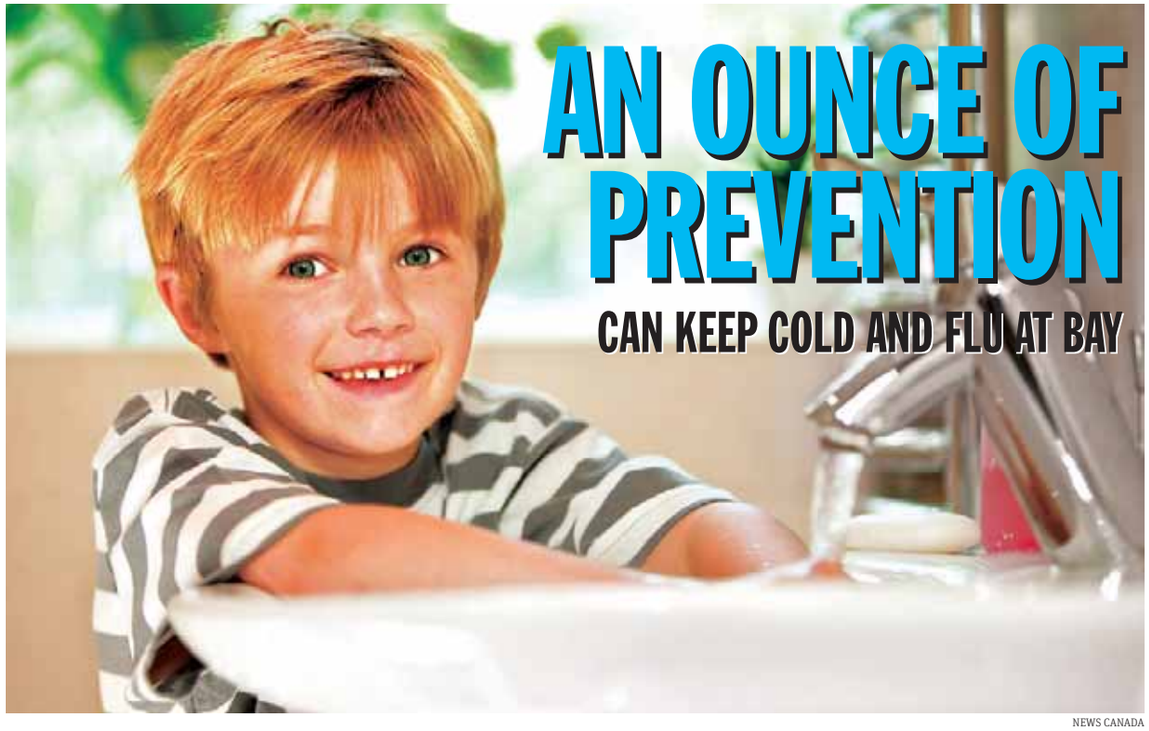
Make a commitment to sleep. If you have to wake up at 7 a.m. to get to work, start preparing for bed at 10:30 p.m. Darken the room, do not watch TV or work on the computer. Do something calming like taking a hot bath or shower. Get into bed at 11 p.m. and find yourself resting your way to health.

Take advantage of the cold weather and turn your thermostat down. Your room temperature should be around 19 degrees Celsius. If that temperature is too cold for you, use blankets to stay warm. The cool room allows your core body temperature to decline, which is necessary to fall asleep and stay asleep.

Don't let the early darkness rob you of sleep. If you find yourself falling asleep in the evening before it is time to go to bed, expose yourself to light and get up and move around. If you nap before bed it will make it more difficult to fall asleep and stay asleep.

METRO

Nobody wants to be this guy. ISTOCK



AN OUNCE OF PREVENTION

CAN KEEP COLD AND FLU AT BAY

NEWS CANADA

We have all heard it — the home remedies to cure a cold or flu told to us by the friend of a friend of a friend who just swears it always works.

Some people consume copious amounts of a specialty tea, while others are proponents of sweating out your sickness. Some mix cough syrup concoctions and others are convinced you have to ride out the storm.

The best way, however, to ease seasonal cold and flu ailments, like runny nose, sore throat and aching body, is to protect yourself before you get sick.

Here are some tips to help you keep seasonal illnesses away.

1 Get the flu shot. It's free and it can prevent the flu from taking hold up to 90 per cent of the time among healthy adults and children.

2 Wash your hands with soap and water thoroughly and often.

3 Keep alcohol-based hand sanitizer handy with at least 60 per cent alcohol content.

4 Cover your mouth and nose with your arm or use a tissue when you cough or sneeze to help keep stuff off hands and dispose of the tissue immediately.

5 Stay home from work if you are feeling sick.

6 Avoid touching your eyes, nose and mouth since the flu virus usually enters the body through those areas.

7 Eat well, exercise and get enough rest.

8 Get educated and know when the cold and flu are likely to hit your community.

Don't spend all winter experimenting with home remedies. Proactively protect yourself from cold and flu germs this season and you can stop your runny nose before it starts flowing, soothe your throat before it starts hurting and ease your aches before you start aching. *– News Canada*

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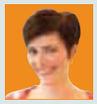
You're just five steps and one pan away from McIntosh Pork Chops

Health Solutions

An apple a day... well, you know the rest



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

How do you like them apples?

Some are good to cook, others are best eaten out of hand, but the true Canadian Mac can do both.

McIntosh are great cold-weather fruit that have all the health benefits including vitamin C and high amounts of the gelatinous pectin that helps remove cholesterol from your system.

Have you thought of trying them like this?

- Braised in apple juice as a simple dessert.
- Used in cooking, particularly with pork.
- Cored and stuffed with oats, butter and cinnamon.
- Dipped in stout beer and served with nuts for cocktail hour.

Some apples turn to mush when baked but the mac holds its shape and lends its tart sweetness graciously.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves two. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

Something about sweet-tart Macs goes perfectly with pork chops and this recipe takes very few steps of prep then cooks itself in one pan.

1. Cut onion in half and into slices. Brown in oil for 2-3 minutes in a large, heavy skillet with a lid. Set aside.

2. Slice apples and set aside on a plate with the onions.

3. Brown chops over high heat one at a time and place with apples.

4. Pour wine into pan and stir in apple butter and thyme.

5. Add chops back with apples and onions, and cover. Turn down to medium and simmer 10-15 minutes until cooked through. Serve with mashed sweet potatoes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 onion
- 1 tsp grapeseed oil or other
- 2 McIntosh apples
- 1 lb pork chops, 2-3 thin chops
- 1 cup white wine or apple juice
- 2 tbsp apple butter or marmalade
- 2 tsp thyme
- salt and pepper, to taste

Grapes and mustard sauce dress up chops

Ingredients

- 4 1/2-inch-thick boneless pork chops, trimmed of any fat
- Kosher salt and black pepper
- Blending flour, for dredging
- 1 1/2 tbsp vegetable oil
- 1/4 cup finely chopped onion
- 1 cup seedless grapes, halved
- 1/4 cup dry white wine
- 3/4 cup low-sodium broth
- 1/2 tsp dark brown sugar
- 1 tbsp Dijon mustard

1. Season pork chops on both sides with salt and pepper. One at a time, dip chops in flour, coating well on both sides, but shaking off excess.

2. In skillet over medium-high, heat 1 tablespoon of oil. Add chops to pan and cook until lightly browned on first side, 2 minutes. Add remaining oil to skillet, turn chops and cook for 1 minute on second side. Transfer them to a plate and cover loosely with foil.

3. Add onion and grapes to skillet, reduce heat to medium-low and cook, stirring often, until onions are golden brown, about 3 to 4 minutes. Increase heat to high, add wine and bring to a boil. Simmer, stirring, until the wine is reduced to 1 tablespoon. Add veg or chicken broth and sugar and simmer until broth is reduced by half.

4. Reduce the heat to medium-low, return the pork to the skillet, along with any juices that have accumulated on the plate and simmer very gently, turning the pork several times, for 1 minute. Transfer each pork chop to a serving plate. Add the mustard to the sauce, whisking, then season with salt and pepper. Pour the sauce evenly over each portion and serve right away.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

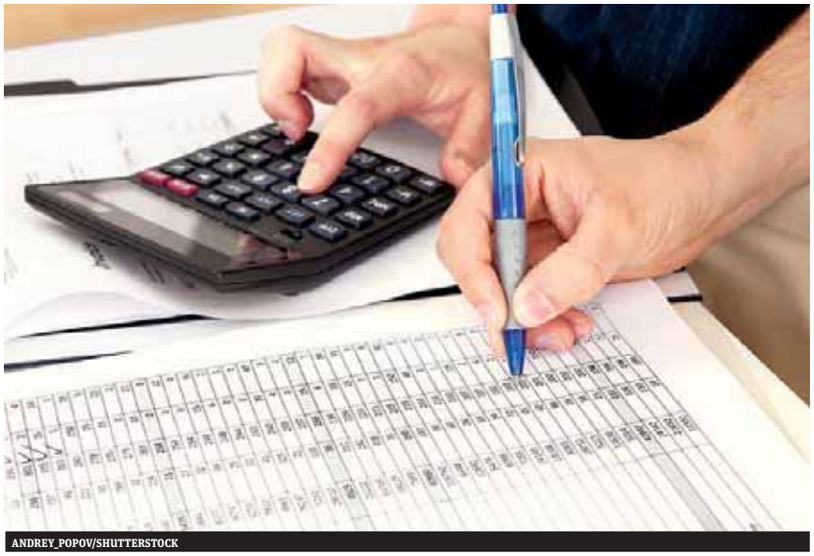
This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Money 101. Two couples, one year to make them richer

Keeping up with the Jones' in 2014

Do you ever wonder what the Jones' are actually doing with their money? If so, you will finally get a peek inside their bank account. For the next 12 months, I will be following the financial decisions of two Canadian couples. By uncovering each couple's money realities, and offering practical advice, we will map out a plan to help them reach their financial goals.

My ultimate goal in this social experiment is to increase each couple's net worth. The series will explore subjects like debt reduction, saving, major life changes like buying a home and having a baby, relationships and money, calculating how long it will take to save $1 million or pay off a house, and so much more. You will find plenty of resources throughout the year, so follow along with the homework I will be dishing out every month. – Lesley-Anne Scorgie/For Metro



ANDREY_POPOV/SHUTTERSTOCK

LUXORPHOTO/SHUTTERSTOCK

Carolina and Jose

LESLEY-ANNE SCORGIE
For Metro

Assets		Liabilities	
RESP for their Eldest Child	$1,500	Combined Student Loans	$14,000
Car*	N/A	Line of Credit	$7,500
		Car Loan	$12,500
TOTAL ASSETS	$1,500	TOTAL LIABILITIES	$34,000

*Cars aren't considered assets because they decrease in value whereas true assets grow in value.

Carolina and Jose married eight years ago and make their home in Calgary. The couple, aged 33 and 31, respectively, have three girls younger than five.

Jose works in the roofing business and does some freelance wedding photography to earn extra income. Between their eldest heading to kindergarten, potty training their toddler and soothing their teething infant, Carolina has her hands full as a stay-at-home mom. Carolina plans to return to work once their children all reach school age.

When government child tax benefits are included, the couple earns an annual income of approximately $55,000. After many years of feeling like they aren't getting ahead, Jose and Carolina are eager to improve their financial position. Together, they dream about one day having enough savings for retirement and some flexibility to travel.

Homework

- Jose and Carolina will put together their first budget using a free template and budgeting resources from their online bank, Google Docs or GetSmarterAboutMoney.com. They also plan on determining the value of a home they can afford and specific housing options for their growing family.

Currently, though, the couple lives frugally, enjoying the comforts of their own home and the inexpensive excitement of raising their family. When they aren't working or dedicating time to their children, Carolina loves to get creative with crafts, sewing, reading and writing, while Jose enjoys competitive video games, graphic design and socializing with old pals.

Jose and Carolina talk about money from time to time, but recognize that in order to achieve their financial goals they will have to increase their financial communication, including the immediate task of developing a realistic budget.

When asked, their top financial goals for 2014 are as follows:

1. Buy a house and stop paying rent to Jose's parents, whose home they are currently leasing.
2. Afford a trip to Ontario to visit family.
3. Chip away at their existing debts.

Jose and Carolina's current net worth is –$32,500.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Anne-Marie and Peter

Assets		Liabilities	
Anne-Marie's Pension	$73,000	Car Loan	$4,500
Anne-Marie's RRSP	$500	MBNA Low Rate Credit Card #1	$3,000
Peter's RRSP	$8,000	MBNA Low Rate Credit Card #2	$8,000
Car*	N/A		
TOTAL ASSETS	$81,500	TOTAL LIABILITIES	$15,500

*Cars aren't considered assets because they decrease in value whereas true assets grow in value.

Anne-Marie and Peter are an active couple in Toronto, aged 36 and 33, respectively. They moved in together five years ago and married last year; they're now expecting their first child in June. Both enjoy their professions: Anne-Marie works in broadcasting and Peter is a senior sports editor for a medium-sized publishing house.

Their combined income hovers close to $110,000, which is more than the median Canadian household income of around $72,000.

The couple is fortunate to have money in their budget — yes, they actually have a budget tracked on a spreadsheet — to afford their hobbies, which, in Anne-Marie's case, is centred around the arts while Peter digs hockey and other sports.

They are big into the Toronto foodie scene and love to travel. But their culinary and travel pursuits still require frugality like couponing, paying attention to menu prices and seeking out last-minute travel deals.

The financial landscape for Anne-Marie and Peter is full of opportunity. They have healthy financial habits, such as sharing in the bill paying and aggressively paying down debt. Money conversations occur weekly and are rooted in respect and trust, which the couple says helps them stay on track and avoid financial arguments.

Homework

- Between this month and next, Anne-Marie and Peter plan on simplifying their budget (which currently spans multiple spreadsheets), determining the value of a home they could potentially afford to buy by sitting down with a banker for a mortgage pre-approval, and gathering information on Anne-Marie's pension program at work.

When asked who runs the day-to-day finances, Peter quickly pointed to Anne-Marie, labelling her as their household's CFO.

But this year financial change is on the horizon as Anne-Marie and Peter welcome their first child into their small, but well-located, rented apartment.

With that in mind, their top financial priorities for 2014 are as follows:

1. Pay off as much debt before the baby comes.
2. Start saving for their child's education.
3. Begin a savings program for a down payment on a home.

Anne-Marie and Peter's net worth is $66,600.

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Dating rut? Time to ditch bad habits

Old habits die hard. But if your love life isn't quite what you want it to be, you've gotta switch it up

Amber Madison, a relationship expert and therapist in New York City, offers tips to get out of your dating rut, get a new strategy, and ditch those habits once and for all!

Stop making excuses. Are you always making up reasons to not try your hardest when it comes to dating? Maybe some of these sound familiar: "I'm not going to find someone online, anyway." "I'm not going to date until I lose weight." "I'm doing pretty well on my own right now." Stop talking yourself out of taking the necessary steps to find someone. Admit to yourself you want a relationship if that's what you want, make the commitment to try to find one and be proactive about meeting people.

Quit being too judgmental. Of course when you're meeting people you have to be a little picky. But whether you're deciding who to talk to at a bar or whose messages to respond to online, don't pick people apart and discount them based on one feature you're not that into, physical or otherwise. You have to give people a chance to win you over with the full package.

Avoid staying in a relationship that's going nowhere. Breakups are no fun. But you can't stay in a relationship that isn't right just because you don't want to deal with a breakup, are scared of being alone, or things feel comfortable. You deserve to be with someone who really makes you happy, and your partner deserves to be with someone who actually adores them. If you haven't caught the right one, you have to get back out there and try again.

Don't take your relationship for granted. Relationships have to be nourished and protected no matter how long you've been in one. Regularly schedule a date night where you get out of the house and do something different with each other. Even when you're busy and exhausted, make time to talk to one another about your days, what's going on in your personal lives, and anything else that's been on your mind. Yes it's easier to get home from work and just plop yourself on the couch in front of your favourite TV shows. But just like you have to put effort into working out regularly if you want to stay in shape, you have to put effort into your relationship even when things are going well.

AMBER MADISON

Relationship expert Amber Madison says you have to be proactive when it comes to meeting people. ISTOCK

Grocery savings: Here's the only list you'll need

Food bill reduction. These tips will help you be smarter, more aware and more frugal when it comes to feeding you and your family

GAIL VAZ-OXLADE
life@metronews.ca

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

One of the questions I'm always hearing is, "How much should I be spending on groceries?" I don't know. How many people are you feeding? Do any of them have special dietary needs? Do you make a lot of money, or are you barely putting food on the table?

There are so many variables involved. People who are determined to eat organic will pay more for their food. People who survive on pasta will pay less. If you're a big meat or fish eater and only like the best, your grocery bill would stagger the single mom of three making her own pizza at home.

According to Statistics Canada, the average Canadian family spends $9,630 a year on food, which would work out to be about $185 a week. And that's just food. It doesn't include personal care, household cleaning, tobacco, alcohol or lottery tickets — things we often add to our carts. Here are ways to trim your food costs.

Just sticking to your grocery list can save you money. ISTOCK

Compare per unit costs

Companies use different sizes for their products, so it's easy to get confused about which package offers the better deal. If you don't calculate the per unit cost, it's virtually impossible to tell what's a deal and what isn't.

Shop in less-expensive stores

Do most of your shopping in a discount grocery store. Did you know that you can save up to 30 per cent off your grocery bill just by switching your supermarket? Over a year, that'd be over $2,300. That sounds worthwhile, doesn't it?

Take your own bags

Are you still paying for your grocery bags every time you shop? What's wrong with you? Why would you build the price of shopping bags into the cost of your food? Make a habit of bringing your own bags and save on each visit.

Look for deals

Cuts of meat at 30 to 50 per cent off are a great way to save. Just take them home and throw them into the freezer.

Reward yourself

Take full advantage of the rewards programs offered by grocery stores to convert food purchases into gifts, travel savings or money off future grocery purchases.

Shop with coupons

Speaking of coupons, collect and use them. You don't have to be rabid about this, but at least collect coupons for the products you usually buy and use them to save. Improve your odds of saving by visiting sites like groceryalerts.ca, simplyfrugal.ca, websaver.ca and save.ca to check for coupons that match your shopping list.

Take advantage of price-matching

No one wants to have to drive all over hell's half-acre to get all the deals in the flyers that come to the door. And you don't have to do it either. Simply shop at a store with a price-matching policy and you can show any store's flyer to get the best deal.

Shop with a list

This is the single best way to manage your food budget and not give in to temptation because you see things you want to throw into your cart impulsively. Stick to the list and be amazed by the savings.

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NHL

Leafs' streak grows to 5 in Phoenix

Jonathan Bernier stopped 39 shots and the Toronto Maple Leafs had another big scoring night to beat the Phoenix Coyotes 4-2 Monday for their first five-game winning streak in seven years.

Phil Kessel had a goal and an assist to extend his points streak to six games for Toronto, which last won five straight from Jan. 27-Feb. 6, 2007. Jake Gardiner and Nazem Kadri each had a goal and an assist, and Carl Gunnarsson scored his first goal in nearly a year.

The Maple Leafs have 20 goals during their winning streak.

The Coyotes sent a flurry of shots at Bernier after falling behind 3-0 and matched a team record by scoring a power-play goal in eight straight games when Mike Ribeiro scored early in the third period.

THE ASSOCIATED PRESS

NBA

Millsap, Hawks cool off Heat

Paul Millsap scored 26 points and the Atlanta Hawks overcame LeBron James' 30 points to beat the Miami Heat 121-114 on Monday night.

DeMarre Carroll added 19 points and Pero Antic had 17 for the Hawks, who snapped a nine-game losing streak in their series with the Heat.

Chris Bosh had 21 points for Miami, which was without Dwyane Wade for the second straight game.

THE ASSOCIATED PRESS

League suspends Tortorella 15 days

NHL. Canucks coach banned for storming Flames locker-room area; Hartley fined

The Flames' Mikael Backlund skates with the puck as Brent Burns of the Sharks gives chase on Monday in San Jose. For the result of the game, go to metronews.ca. THEARON W. HENDERSON/GETTY IMAGES

The NHL suspended Vancouver Canucks coach John Tortorella without pay for 15 days and six games on Monday for his conduct after a brawl between his team and the Calgary Flames.

Tortorella went to Calgary's locker-room at intermission following the first period Saturday night, which began with a handful of fights and four game misconducts per team.

"Mr. Tortorella's actions in attempting to enter the Calgary Flames locker-room after the first period were both dangerous and an embarrassment to the league," NHL senior executive vice-president of hockey operations Colin Campbell said in announcing the suspension. "Coaches in the NHL bear the responsibility of providing leadership, even when emotions run high, and Mr. Tortorella failed in his responsibility to the game."

Tortorella blamed Flames coach Bob Hartley for starting his fourth line, saying he couldn't put star players Daniel and Henrik Sedin at risk just to deflate the situation. Hartley was fined $25,000 US by the NHL.

"We are holding Mr. Hartley responsible for the actions of Flames right wing Kevin Westgarth, who took the game's opening faceoff and attempted to instigate a premeditated fight with an unwilling opponent — the Canucks' Kevin Bieksa," Campbell said.

This is the second career suspension for Tortorella, who missed Game 6 of the 2009 Eastern Conference quarter-finals as coach of the New York Rangers for throwing a water bottle into the stands in Washington.

Tortorella's suspension begins Tuesday night with Vancouver's game at the Edmonton Oilers and runs through Feb. 2. He is not allowed to have any interaction with the Canucks before, during or after games during that time.

"We respect the decision made by the National Hockey League today to suspend John Tortorella for 15 days from Sunday, with no contact with the team for six games," said Canucks president and general manager Mike Gillis in a statement. "We would also like to acknowledge our organization's full support for John and we look forward to having him back behind the bench soon."

THE CANADIAN PRESS

In Hartley's defence

Flames president of hockey operations Brian Burke didn't react positively to Bob Hartley's fine.

- "I am perplexed by this fine," Burke said in a statement released by the team. "I stand behind Bob Hartley completely in this regard and remain confident that he acted properly in every aspect of this game."

Bennett chooses to stay in the saddle

Stampeders cornerback Fred Bennett intercepts a pass intended for the Eskimos' Fred Stamps on Sept. 2 at McMahon Stadium. GETTY IMAGES FILE

The Calgary Stampeders re-signed cornerback Fred Bennett on Monday.

Bennett, 30, has spent the last two seasons with Calgary. He has 85 tackles, five special-teams tackles, five interceptions and four forced fumbles in 36 regular-season games.

"Fred has been a reliable player and an important contributor to our defence as well as to our special teams since he joined the Stampeders two years ago," head coach/GM John Hufnagel said in a statement. "I'm pleased that he has made this commitment to the club and expect more good things from him in the years to come."

Bennett started all 18 regular-season games as well as the Western Final for the Stampeders last season. He registered 38 tackles, two special-teams tackles, three interceptions and three forced fumbles.

"The Stampeders are a first-class organization and I'm happy to be staying," said Bennett. "I'm still looking for the first ring of my football career and I believe we're very close to a championship.

"I'm looking forward to the new season and to finishing the job. I truly believe that Calgary is the right place for me."

THE CANADIAN PRESS

Quoted

"I'm still looking for the first ring of my football career and I believe we're very close to a championship."

Stampeders cornerback Fred Bennett

4 SPORTS

Montreal's Eugenie Bouchard celebrates Tuesday's quarter-final Australian Open win over Ana Ivanovic on Tuesday in Melbourne. Bouchard will next face China's Li Na in the semifinals. RICK RYCROFT/THE ASSOCIATED PRESS

Canada's Bouchard has major Aussie Open breakthrough

Tennis. Rising star from Montreal becomes second-ever Canadian to make it to semifinals at a Grand Slam

Eugenie Bouchard is the first Canadian to reach a Grand Slam semifinal in 30 years after a stunning upset of Ana Ivanovic at the Australian Open.

Bouchard, the 30th seed, overcame Ivanovic 5-7, 7-5, 6-2 on Monday, making the Montreal native just the second Canadian to ever compete in a Grand Slam singles semi.

The last Canadian to go to the semis at a major was Toronto's Carling Bassett at the 1984 U.S. Open.

Bouchard's final-four spot is the first for a Canadian in Melbourne. The 19-year-old did it in just under two and a half hours.

"We had a tough match, she was playing well at times," said Bouchard. "When she did there was not much I could do. I kept fighting, played aggressive and stepped it up in the second and third sets.

"The most important thing is to enjoy it out there and that's what I've been doing. I tried to stay calm and go for my shot, that's when I play my best."

Bouchard will play next against China's Li Na, the fourth seed, after the former French Open champion defeated Italy's Flavia Pennetta 6-2, 6-2.

"I played (Na) in Montreal in 2012, we had a tough battle but I was not so experienced back then," said Bouchard. "This time I'll be ready. She won't give me many chances so I'll have to take any that I get."

Bouchard's ranking should rise into the top 20 as a result of her success, according to WTA calculations. She also beat Ivanovic, a former world No. 1, last year in the second round of Wimbledon.

THE CANADIAN PRESS

Looking towards Li

"She won't give me many chances so I'll have to take any that I get."

Eugenie Bouchard on facing Li Na in the upcoming Australian Open semifinals.

Jon Montgomery

2010 skeleton champ falls short of Team Canada

Jon Montgomery won't defend his Olympic gold medal in men's skeleton at the Winter Olympics.

He fell just short of qualifying for the Canadian Olympic team at a World Cup in Austria last weekend.

Canada was assured of two entries in men's skeleton in Sochi.

Calgary's John Fairbairn and Eric Neilson of Kelowna had already claimed those spots.

Montgomery was trying to both qualify a third sled for Canada and earn his spot on the Olympic team at the same time.

The slider from Russell, Man., finished seventh Saturday but needed to be at least fourth, according to Canadian coach Duff Gibson. THE CANADIAN PRESS

Canada's Jon Montgomery
THE ASSOCIATED PRESS

Allingers. Russia aims to recreate Canada's success with help of sports couple

There will be Canadian fingerprints on the Russian team's performance at the Winter Olympics next month in Sochi.

The Russian Olympic Committee hired sports power couple Todd and Cathy Allinger of Vancouver after their significant contributions to Canada's medal haul at the 2010 Vancouver Games.

The Russians want 14 gold medals in Sochi, which would equal the Winter Games record set by the Canadian team in 2010. The host country is also aiming for a top-three finish in the overall medal count.

It seems like an ambitious goal after Russia won just three gold medals in 2010, the country's fewest at a Winter Games since the breakup of the Soviet Union. The Russians also ranked sixth in total medals with 15.

Like Canada prior to 2010, Russia doesn't want to be embarrassed by its performance at its own Games. The ROC recruited the Allingers in the fall of 2010 because they possess sports expertise few in the world have.

After scouting and reviewing Russia's athletes, teams and sport federations, the Allingers made recommendations and "they've probably implemented 90 per cent of them," Cathy says.

"We really think Russia is on track and ready to win the medals that they are wanting to," Cathy told The Canadian Press in a phone interview from Vancouver. "We're excited because Russia has developed more potential medal athletes in this four-year period than any other country has. Based on the way we evaluate and look at the numbers, they've done incredibly well with developing medal potential for 2014."

THE CANADIAN PRESS

Winning record

- Cathy Priestner-Allinger was the first Canadian woman to win an Olympic speedskating medal in 1976.
- She and Todd co-authored the report — the template for Own The Podium — that revolutionized how Canada's athletes prepare to compete in Olympic Games.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	49	31	15	3	141	109	65
Tampa Bay	50	29	16	5	146	123	63
Montreal	49	27	17	5	126	120	59
Toronto	51	26	20	5	145	154	57
Detroit	49	21	18	10	122	134	52
Ottawa	49	21	19	9	139	155	51
Florida	49	19	23	7	116	148	45
Buffalo	47	13	27	7	86	133	33

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	49	34	13	2	157	120	70
NY Rangers	51	27	21	3	128	128	57
Philadelphia	50	25	19	6	137	144	56
Columbus	48	24	20	4	138	135	52
Washington	49	22	19	8	142	150	52
New Jersey	50	20	19	11	115	123	51
Carolina	48	20	19	9	117	137	49
NY Islanders	51	20	24	7	142	166	47

Monday's results
NY Islanders 4 Philadelphia 3 (SO)
Boston 3 Los Angeles 2
Florida 5 Pittsburgh 1
St. Louis 4 Detroit 1
Toronto 4 Phoenix 2
Nashville 4 Dallas 1
Calgary at San Jose

Sunday's results
Chicago 3 Boston 2 (SO)
Tampa Bay 5 Carolina 3
NY Rangers 4 Washington 1

Tuesday's games — All Times Eastern
Los Angeles at Columbus, 7 p.m.
St. Louis at New Jersey, 7 p.m.
Ottawa at Washington, 7 p.m.
Florida at Buffalo, 7 p.m.
Carolina at Philadelphia, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Minnesota at Dallas, 8 p.m.
Toronto at Colorado, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
Winnipeg at Anaheim, 10 p.m.

Wednesday's games
Montreal at Pittsburgh, 7 p.m.
Chicago at Detroit, 8 p.m.
Phoenix at Calgary, 9:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	51	32	8	11	184	139	75
St. Louis	48	33	10	5	170	108	71
Colorado	48	31	12	5	142	122	67
Minnesota	51	27	19	5	125	125	59
Nashville	51	22	22	7	125	152	51
Dallas	49	21	20	8	137	152	50
Winnipeg	50	22	23	5	141	150	49

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	51	37	9	5	175	126	79
San Jose	49	31	12	6	158	121	68
Los Angeles	50	29	15	6	128	103	64
Vancouver	50	25	16	9	127	127	59
Phoenix	49	23	17	9	141	149	55
Calgary	49	16	26	7	109	156	39
Edmonton	51	15	30	6	131	181	36

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	43	68
Getzlaf, Ana	25	33	58
Tavares, NYI	22	36	58
Kane, Chi	23	33	56
Perry, Ana	27	28	55
Thornton, SJ	6	46	52
St. Louis, TBL	25	25	50
Sharp, Chi	25	25	50
Ovechkin, Wash	35	14	49
Kunitz, Pgh	24	25	49
Backstrom, Wash	11	38	49
Pavelski, SJ	25	23	48
Kessel, Tor	23	25	48
Toews, Chi	17	31	48
Okposo, NYI	19	28	47
Malkin, Pgh	12	35	47

Not including last night's games

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's results
AFC — Denver 26 New England 16
NFC — Seattle 23 San Francisco 17

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.
Denver vs. Seattle, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	32	7	.821	—
d-Miami	29	12	.707	4
Atlanta	21	19	.525	11½
d-Toronto	20	20	.500	12½
Washington	20	20	.500	12½
Chicago	20	20	.500	12½
Brooklyn	17	22	.436	15
Charlotte	18	25	.419	16
Detroit	17	24	.415	16
Cleveland	15	26	.366	18
New York	15	26	.366	18
Boston	14	28	.333	19½
Philadelphia	13	28	.317	20
Orlando	11	30	.268	22
Milwaukee	7	33	.175	25½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	32	9	.780	—
d-Portland	31	10	.756	1
Oklahoma City	31	10	.756	1
d-L.A. Clippers	29	14	.674	4
Houston	28	15	.651	5
Golden State	26	16	.619	6½
Dallas	25	18	.581	8
Phoenix	23	17	.575	8½
Denver	20	20	.500	11½
Memphis	20	20	.500	11½
Minnesota	19	21	.475	12½
New Orleans	16	24	.400	15½
L.A. Lakers	16	26	.381	16½
Sacramento	14	25	.359	17
Utah	14	28	.333	18½

d - division leader

Monday's results
Dallas 102 Cleveland 97
L.A. Clippers 112 Detroit 103
Charlotte 100 Toronto 95
Washington 107 Philadelphia 99
Brooklyn 103 New York 80
New Orleans 95 Memphis 92
Atlanta 121 Miami 114
Chicago 102 L.A. Lakers 100 (OT)
Houston 126 Portland 113
Indiana at Golden State

Tuesday's games — All Times Eastern
Orlando at Brooklyn, 7:30 p.m.
Boston at Miami, 7:30 p.m.
Sacramento at New Orleans, 8 p.m.
Portland at Oklahoma City, 8 p.m.
Minnesota at Utah, 9 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Even if you prefer to walk alone, it will pay you to get more involved in group activities over the next few days. Friends will bring you luck and make life more enjoyable.

♉ Taurus
April 21 - May 21
This is the perfect time to give your reputation a boost. You will find favour with people in positions of power but the most important thing is that you believe in yourself.

♊ Gemini
May 22 - June 21
Don't waste time telling the world what you are going to do — just do it. You should be aiming higher than ever before. If you want something enough, you can make it happen.

♋ Cancer
June 22 - July 23
Someone you do business with will force you to choose between your ideals and your earnings. If you compromise your principles once, you will be expected to compromise them again and again.

♌ Leo
July 24 - Aug. 23
Now that the Sun is transiting your opposite sign of Aquarius, make an effort to see things from alternative points of view. Also, don't criticize people you care for just because they fail to live up to your high standards.

♍ Virgo
Aug. 24 - Sept. 23
Cosmic activity in the area of your chart that governs your work and your well-being is warning you not to push yourself too hard. Your energy levels may be a bit low, so pace yourself sensibly.

♎ Libra
Sept. 24 - Oct. 23
Throw caution to the wind and just let your instincts guide you. This is a great time for creative activities and affairs of the heart, so be creative about your love life and love everything you create.

♏ Scorpio
Oct. 24 - Nov. 22
Decisions you make over the next few days will have a lasting impact on your domestic situation. So, make sure you know the facts and you are not being misled by those who have an agenda.

♐ Sagittarius
Nov. 23 - Dec. 21
Be sociable. Wherever you go and whatever you do, you will have a lot of fun and even the most ordinary of encounters will be hugely enjoyable.

♑ Capricorn
Dec. 22 - Jan. 20
If you need financial assistance, now is the time to ask for it. The planets make it easy to convince those who can help that your cause is deserving. Having said that, the assistance will not come cheap, so help yourself as much as you can.

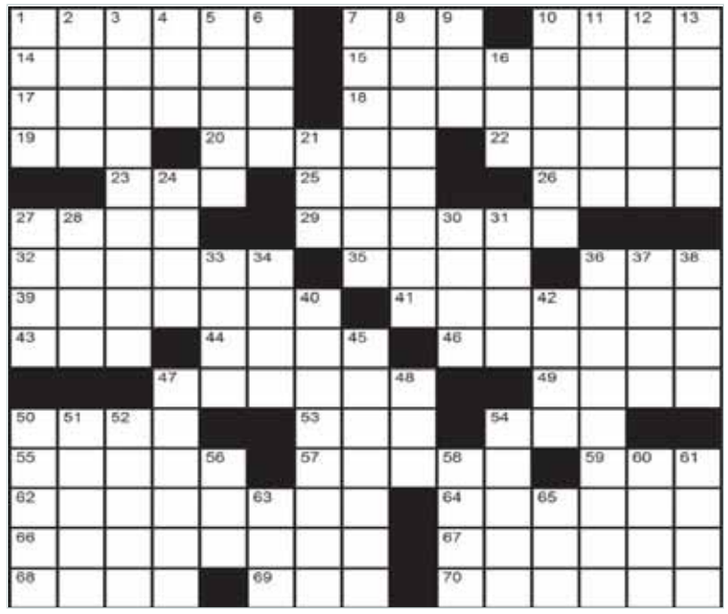
♒ Aquarius
Jan. 21 - Feb. 19
It's one of the most vital times of the year for you. The Sun in your sign will ensure whatever you do is endowed with extra power. Aim to do good things for others and good things will come your way.

♓ Pisces
Feb. 20 - March 20
This may be a difficult time for you, but it is also a time when you can learn a great deal about yourself, which in turn makes success in the long-term more likely. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

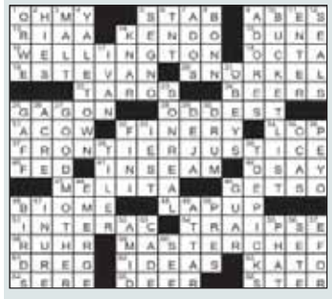
BY KELLY ANN BUCHANAN



Across
1. University of Manitoba, Home of the __
7. Male swan
10. House of __ (Mid-east royal family)
14. Jessica Simpson's sister
15. NB community, locale of 5 CDSB Gagetown
17. Elegant aircraft
18. Blue in colour, it's the Yukon's official gemstone
19. Forestry fluid
20. Uncertainty
22. Splashy surges
23. Music producer, Don __
25. Oscar-winning actress, Melissa __
26. Ms. Sedgwick
27. Ride the waves
29. Get there
32. Make happy
35. Amy's Golden Globes co-host
36. These: French
39. __ one's arms (Cease the stern-looking pose)
41. Popcorn brand, __ Redenbacher's
43. US state, North __.
44. Made, as cotton candy
46. "__ __ you can!" (Buffet host's urging)
47. Elated
49. Caustics
50. Prefix to 'allergenic'
53. Calendar abbr.
54. Mop & __ (Floor cleaner)
55. "Lorna __" (1951)
57. "Best _ __ Had" by Drake
59. Liq. amounts
62. Jay Z's wife, to fans: 2 wds.
64. Velvet
66. Gwen Stefani's rocker hubby Gavin
67. Do charades: 2 wds.
68. Wild blue yonder's
69. Dictionary abbr.
70. Spanish Conquistador, Hernan __ (b.1485 - d.1547)

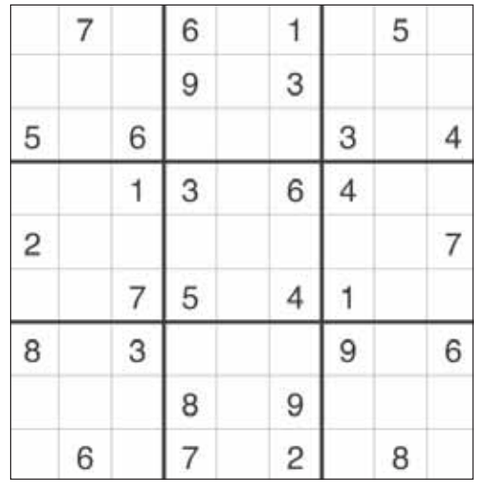
Down
1. Undereye cream targets
2. Ms. Fisher
3. Scuba diving exploration site
4. Antiquated
5. Must-haves
6. Prefix to 'tonin' (Sleepy stuff)
7. Stephen of that satirical 'Report' show
8. Handel musical work
9. TLC member, T-__
10. "__, __... how are you 'n' stuff?" (English-as-it's-often spoken query)
11. Tart-tasting
12. Express
13. __ _ great job (Performs well)
16. Mother goddess of Thebes
21. 'Form' suffix
24. Way out there
27. Tater
28. Forearm bone
30. Concerning, curtly: 2 wds.
31. __-__-voom!
33. Fair
34. Catch a glimpse
36. Vancouver Island: __ Sound
37. Ms. Macpherson
38. Poivres partners
40. Canadian Forces Base __, in Alberta
42. "__ be okay." (Don't worry)
45. Ballet legend, Rudolf __ (b.1938 - d.1993)
47. "Bridget __ Diary" (2001)
48. Ms. Ullmann
50. Main office [abbr.]
51. "How are things?": 2 wds.
52. Verse
54. Painter, El __ (b.1541 - d.1614)
56. Conclusion
58. Leave a disaster area, for short
60. Honest
61. Positions
63. Woolly one's call
65. Env.'s stuff-y

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	2	7	8	4	1	5	3	9
3	5	1	2	9	6	7	4	8
8	4	9	3	7	5	1	2	6
1	3	6	7	5	4	8	9	2
2	7	4	9	8	3	6	1	5
9	8	5	1	6	2	4	7	3
4	1	3	5	2	8	9	6	7
5	9	2	6	1	7	3	8	4
7	6	8	4	3	9	2	5	1

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 3° MIN: -4°	MAX: -4° MIN: -8°	MAX: 7° MIN: -2°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

THEY CAN'T BUILD IT UNTIL YOU DESIGN IT

DESIGN YOUR FUTURE IN ONE YEAR OR LESS!
- Architectural CAD Technician
- Engineering CAD Technician
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